



Inclusive society, Enabled lives.

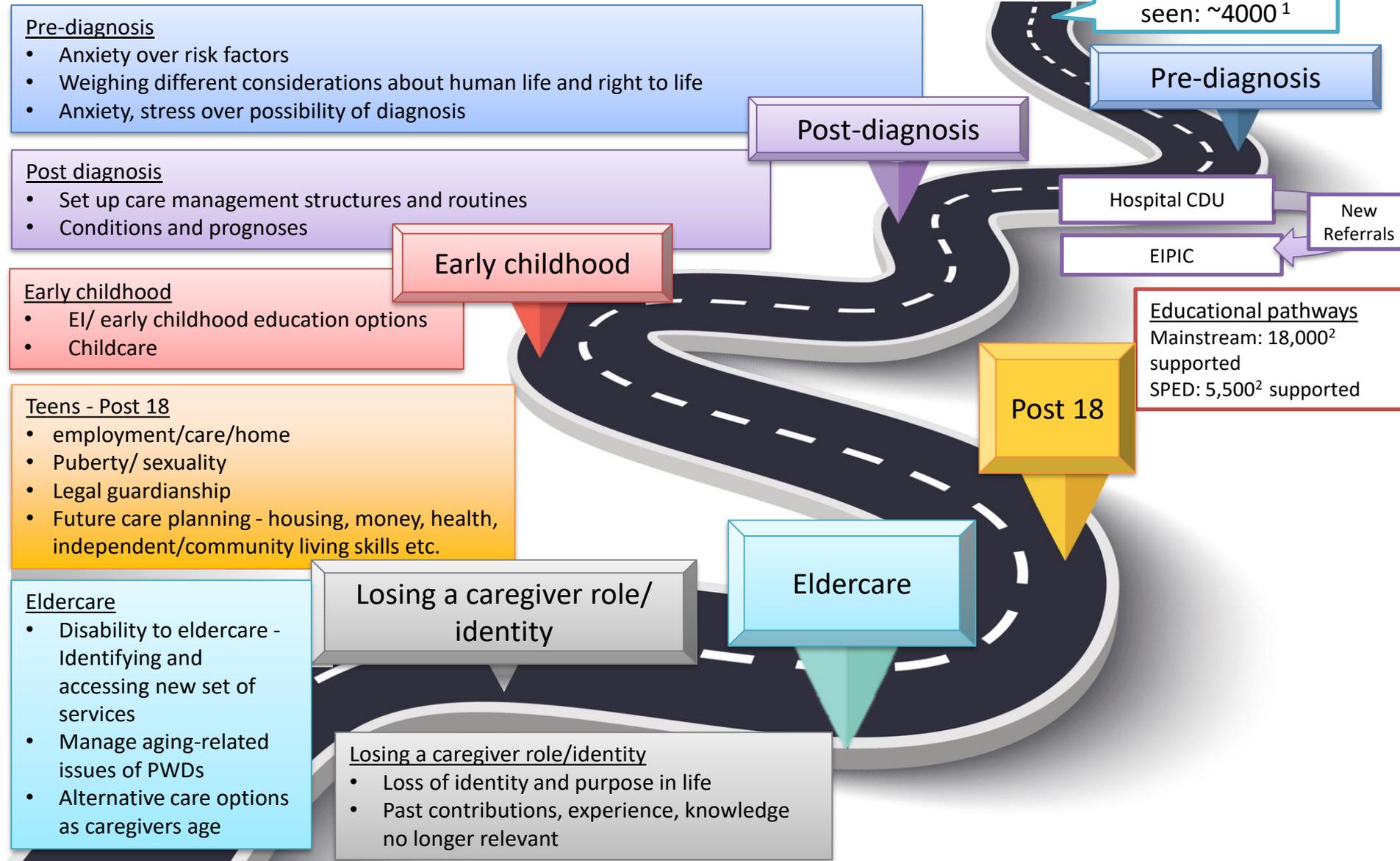
# Tote Board Enabling Lives Initiatives Network

2 May 2019

## Background

- Supporting Caregivers is one of the key thrusts of Enabling Masterplan 2017 - 2021 (EMP3) recommendations
- Issues faced by caregivers and the importance of improved caregiver support highlighted in recent parliamentary discussion on 13 Feb 19 where a motion on caregiver support was raised and passed.
- Ministry of Health has also announced the Caregiver Support Action Plan (CSAP). The key areas to be addressed are Care Navigation, Financial Support, Workplace Support, Caregiver Respite Services, Caregiver Empowerment and Training.

# The Caregiving Journey for Caregivers of PWDs



<sup>1</sup>2016 figures provided by KKH

<sup>2</sup>Statistics extracted from Schools boost support for students with special needs (ST, 7 Nov 2016)

# Key challenges highlighted by caregivers/service providers

Caregiver-related	Service provider-related
Coping with psycho-emotional stress upon care recipient's diagnosis and anxieties over caregiving responsibilities and competencies	Limited funding for VWOs → Limited resources to cater to PWDs/caregivers' needs
Challenging to process relevant information from multiple sources	Inconsistency in quality and type of support provided by VWOs
Lack of: <ul style="list-style-type: none"> <li>• Training options/ funding for training</li> <li>• Respite options</li> <li>• Peer and community support</li> </ul>	Lack of capability of FSCs, SSOs and hospitals to deal with disability issues
Financial difficulties and worry about long term care planning	Lack of collaboration among VWOs
Neglect of self-care needs as caregivers prioritise care recipients' needs over their own needs	Difficulties in reaching out to caregivers whose care recipients are waiting for or not in service
Stigma faced due to care recipients' disabilities	Caregivers are best supported when disability services are adequate

# A Network of Support



## SG Enable's 3 key thrusts



Equip caregivers with information and advice, care and self-care skills



Collaborate with agencies to implement key elements of caregiver support in their services at critical transition points of the care recipient's life



Facilitate organic peer support groups and encourage community support for caregivers

## Coalition of Partners for Caregiver Support

- Formed on May 2018, comprising SG Enable, 22 Voluntary Welfare Organisations (VWOs) and 2 hospitals
- Quarterly meetings with rotating hosts to share best practices and look into specific areas of needs, e.g. ageing caregivers and improving community support for caregivers



# Top Interest Areas

- Coalition identified 4 top areas in caregiver support and discussed the current state of support, gaps and vision for each area.

Ageing Caregivers	<ul style="list-style-type: none"><li>• Ageing caregivers to start long-term financial and legal planning as early as possible.</li><li>• PWDs live as independently as possible, being supported within the community after the caregivers pass on.</li></ul>
Assessment and Support Framework	<ul style="list-style-type: none"><li>• More support options for caregivers within the community (eg. respite)</li><li>• Person-centric assessment process to assess holistic needs of PWDs and caregivers</li></ul>
Caregivers with Complex Needs	<ul style="list-style-type: none"><li>• Better coordination of services between different service providers</li></ul>
Improve Community Support	<ul style="list-style-type: none"><li>• Maximise the potential of PWDs.</li><li>• Community benefits from being inclusive.</li><li>• Increased opportunities for and enabling PWDs to participate in the community</li></ul>

## Identify Actionable items in FY 19

- A summary of potential solutions to address the priority issues in the caregiver support landscape
  - Synthesized from ideation phase by SGE and IPS
  - Provides a basis for partners to collaborate to pilot new projects, while SGE will help mobilise resources for implementable ones
- Organisations who wish to contribute to the ideation of actionable plans can write to [caregivers@sgenable.sg](mailto:caregivers@sgenable.sg).*

# Upcoming Plans for 2019



Information Portal  
(Enabling Guide)

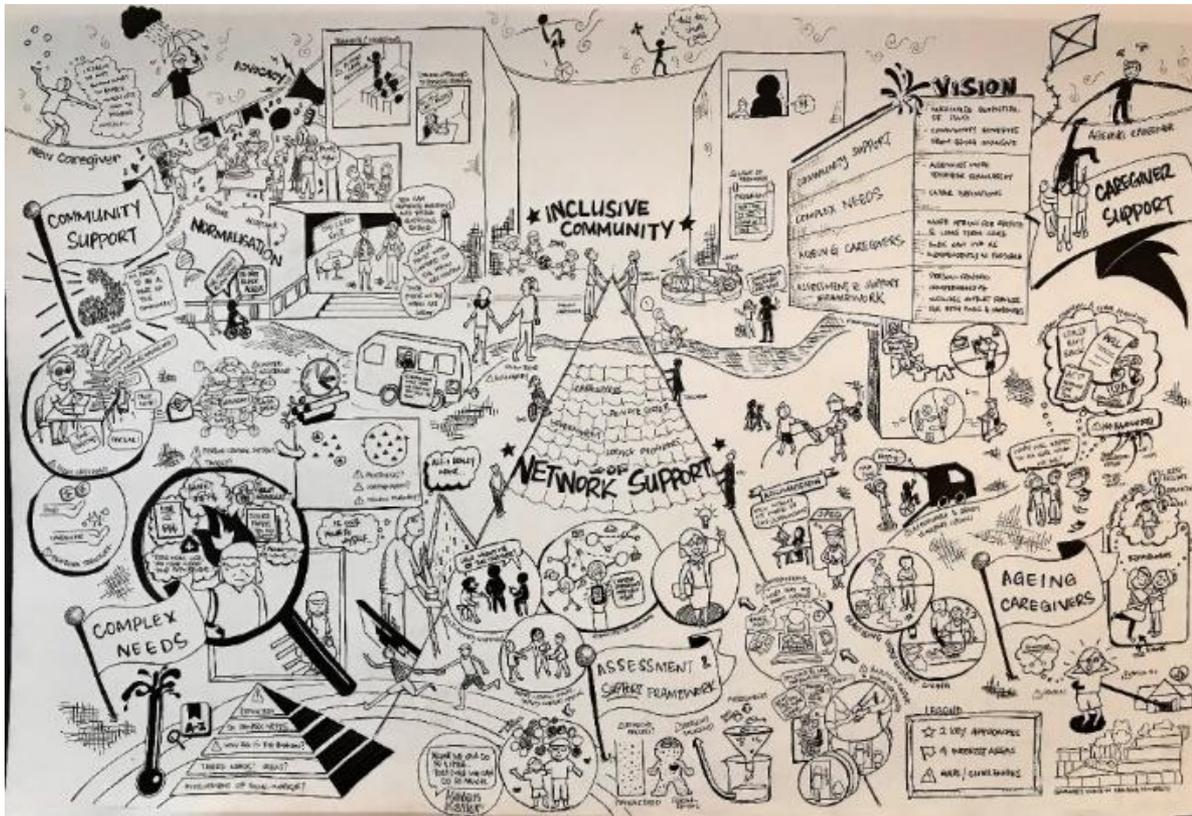


Parent-to-Parent  
(P2P) Programme



Training Roadmap

# Things we learnt



Caregiver support means different things to different people / VWOs

Caregivers care more about their care recipients and less so about themselves

Caregivers want to share their stories and be heard

Caregivers can be empowered to be a resource to others

Perceived support by caregivers is important

“Mountains cannot be surmounted except by winding paths.”  
—*Johann Wolfgang von Goethe*

**SG ENABLE**

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**Thank you!**